Date:



Day:

Exercise	Warmup	Set #2 (Weight)	Set #3 (Weight)	Set #4 (Weight)

Day:

Exercise	Warmup	Set #2 (Weight)	Set #3 (Weight)	Set #4 (Weight)

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Exercise	Warmup	Set #2 (Weight)	Set #3 (Weight)	Set #4 (Weight)